Nourishment for Body, Mind, & Spirit: HEALING EVENTS AT RIVERSIDE

JULY 2019

“There is a time for everything, and a season for every activity under the heavens: ...a time to heal,...and a time to build”

-Ecclesiastes 3
A Message from the Parish Care Ministry:

“It was the best of times, it was the worst of times,” said Charles Dickens. Perhaps these words capture the broadest sentiment of our diverse and beloved Riverside Church community, which finds itself in another season of change. The sudden departure of the senior minister after 5 years of leadership service leaves many in our family/community with a range of emotions. For some in our midst, there is disappointment, hurt, and/or anger. For others there may be indifference, satisfaction, relief, or even joy. Whatever the emotion one is experiencing, we know that the work of the church must continue. However, we would be remiss of our pastoral responsibilities if we didn’t take the time to begin the work of healing, repentance, and forgiveness. We want and need to take the time to acknowledge the broad range of emotions that many of us are experiencing; we need to process our feelings and work towards forgiveness and unconditional love for one another. While it may be a challenging and lengthy process, we feel confident that some of our greatest gifts will emerge and all will be used to the glory of God.

The Parish Care Ministry will have designated hours for any member who may need or wish to meet for pastoral counseling. In addition, there are upcoming events/activities specifically designed to promote healing during these days of challenge and uncertainty. These activities are important to our physical, emotional, and spiritual health, and we would love as many Riverside members as possible to attend at least 3 activities over the course of these summer months. If there is an activity you have a particular interest in and it does not fit within your schedule, please contact the Parish Care office and we will attempt to make additional arrangements.

As we move forward in this season of transition, we should be reminded that we - ALL together – make up the body of Christ and not one part is greater or more valued than the other. If one part hurts we all hurt. So, anyone who is in Christ and wishes to build up this body to become all that God EVER intended, please join in doing the hard work of healing together and growing together in Body, Mind, & Spirit.

In Solidarity and Love,
Rev. Debra Northern and Rev. Lynn Casteel Harper
Parish Care Ministry
It is the mission of the Parish Care Ministry to provide and promote care in Body, Mind, & Spirit to All in this sacred community of the Riverside Church.

Description of Services:

**WALKING GROUP:** In collaboration with the Office of Faith-Based Initiatives at the Dept. of Health Mental Health, The Riverside Church Parish Care Ministry will launch a Walking Group three days each week through October. We will gather for a prayer circle before we begin our 30-minute walk along Riverside Drive (shirts, water and pedometers are included).

**HEALING TOUCH** is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health. The goal of Healing Touch is to restore balance and harmonies in the energy system, placing the client in a position to self-heal.

**HEALING THROUGH ART: SIP & PAINT** – No Experience Necessary! Guided by an instructor, participants begin to express emotions through images, often discovering their inner voice. This is intended to be fun-filled way to alleviate stress, while sipping a refreshing beverage.

**SNACK & CHAT** is a time reserved by the Parish Care Ministry to meet for conversation, prayer, reading or just share joy over a snack.

**SAFE CONVERSATIONS** is an opportunity to engage in dialogue and process our feelings related to recent changes. This is an opportunity to share stories as well as discover a word of hope as we discern what God is calling us to do at this time.

**HEALING THROUGH WRITING WITH MARLANDA** - Marlanda Dekine, poet and social worker, will facilitate a workshop focused on the power of writing as a tool for healing. Founding Director of Speaking Down Barriers, a nonprofit that uses honest dialogue and poetry as tools for justice and healing, Dekine will lead us in important conversations and help us engage a healing process. Learn more about her here: sapientssoul.com
JULY 2019

MONDAY, JULY 8
5:30 p.m. - 6:00 p.m. • Narthex
Riverside Church Walking Group Begins

TUESDAY, JULY 9
7:00 p.m. • 5T
Parish Care Snack & Chat

WEDNESDAY, JULY 10
5:30 p.m. - 6:00 p.m. • Narthex
Riverside Church Walking Group Day 2

THURSDAY, JULY 11
7:00 p.m. - 9:00 p.m. • 5T
Parish Care Snack & Chat

FRIDAY, JULY 12
5:30 p.m. - 6:00 p.m. • Narthex
Riverside Church Walking Group Day 3

MONDAY, JULY 15
5:30 p.m. - 6:00 p.m. • Narthex
Riverside Church Walking Group Day 4

TUESDAY, JULY 16
11:00 a.m. - 1:00 p.m. • Christ Chapel
Safe Conversations

WEDNESDAY, JULY 17
5:30 p.m. - 6:00 p.m. • Narthex
Riverside Church Walking Group Day 5

THURSDAY, JULY 18
6:00 p.m. - 8:00 p.m. • Christ Chapel
Safe Conversations

FRIDAY, JULY 19
5:30 p.m. - 6:00 p.m. • Narthex
Riverside Church Walking Group Day 6

SUNDAY, JULY 21
1:30 p.m. - 3:30 p.m. • 9T
Healing through Writing

MONDAY, JULY 22
5:30 p.m. - 6:00 p.m. • Narthex
Riverside Church Walking Group Day 7

TUESDAY, JULY 23
2:00 p.m. - 4:00 p.m. • 5T
Parish Care Snack & Chat
6:00 p.m. - 8:00 p.m. • 9T
Healing through Art: Sip & Paint

WEDNESDAY, JULY 24
5:30 p.m. - 6:00 p.m. • Narthex
Riverside Church Walking Group Day 8

THURSDAY, JULY 25
6:00 p.m. - 8:00 p.m. • Christ Chapel
Safe Conversations

FRIDAY, JULY 26
5:30 p.m. - 6:00 p.m. • Narthex
Riverside Church Walking Group Day 9

SUNDAY, JULY 28
1:00 p.m. - 3:00 p.m. • Christ Chapel
Safe Conversations

MONDAY, JULY 29
5:30 p.m. - 6:00 p.m. • Narthex
Riverside Church Walking Group Day 10

TUESDAY, JULY 30
2:00 p.m. - 4:00 p.m. • 5T
Parish Care Snack & Chat
6:00 p.m. - 8:00 p.m. • 9T
Healing through Art: Sip & Paint

WEDNESDAY, JULY 31
5:30 p.m. - 6:00 p.m. • Narthex
Riverside Church Walking Group Day 11